

# Swim & Rock 2008

November 21 - 23, 2008

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-09-16

## Meet Location:

Oak Marr Recreation Center, 3134 Jermantown Road Oakton, VA 22124

## Facility:

Oak Marr is a 50-meter pool with 21 lanes of short course pool. We will be running two (2) courses for the meet, one 8-lane course and one 7-lane course.

11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum in one course. Lanes will be available for continuous warm-up and warm down throughout the meet for the 11 and over swimmers.

Special Note:

- Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. **EACH SESSION WILL BE LIMITED TO 600 SWIMMERS. ENTIRES WILL BE ACCEPTED ON A FIRST COME FIRST SERVE BASIS.** The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.
- **NO DECK ENTRIES WILL BE ALLOWED. NO EXCEPTIONS.**
- Spectators are not allowed on the pool deck and seating is limited.
- **NO FOOD** or concessions available at meet.
- **Swim & Rock T-Shirts will be sold at the meet.**
- **FREE PROGRAMS:** Meet programs will be available to download @ [www.seadevils.org](http://www.seadevils.org)
- November 19, 2008.
- **PROGRAMS:** A limited number meet programs will be sold during the meet. Meet Programs available will include every event and session and will be sold for \$15.00.
- **FINALS PROGRAMS:** Will be available at the meet at no cost.

## Meet Manager:

Kim Krogh at [kim.krogh@us.army.mil](mailto:kim.krogh@us.army.mil)

## Officials:

All certified officials wishing to volunteer to work this meet please contact John McKenzie at [janddmck@aol.com](mailto:janddmck@aol.com) by Sunday November 8, 2008. **Complete and e-mail the form found at <http://www.seadevils.org/meets/announce/200809/swimrock/swimrockofficials.doc> to receive a complimentary meet shirt at the meet.** Officials assigned to this meet should sign in at the Admin table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.

## Timers:

**Teams will be expected to provide timers in proportion to their entries in each session. Timer lane assignments will be sent to invited teams after entries are received.**

**All swimmers swimming the 500 Free MUST provide their own timers.**

**Schedule:**

11 and Older Prelims	Warm-up: 6:30-7:50 AM	Events: 8:00 AM
9-10 Timed Finals	Warm-up: 1:15-1:50 PM	Events: 2:00 PM
11 and Older Finals	Warm-up: 5:00-5:50 PM	Events: 6:00 PM

**Warm Ups:**

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. For 11 & Older Prelims and 9-10 Sessions, teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. For 11 & Older Finals, there will be open warm-ups with assigned sprint and pace lanes. Note: The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.

**Eligibility:**

Open to all USA Swimming registered swimmers from the **invited** teams listed below.

Athletes shall compete at the age attained on the first day of the meet.

PV Teams – AAC, BWST, HACC, MAKO, SNOW, SDS, YORK

VA Teams – QDD, RAYS

MD Teams - RAID

**Invitations will be sent via email by the Meet Manager.**

**Individual Events:**

Contestants may enter a maximum of seven (7) individual events and may not participate in more than three (3) individual events per day. **For the 11 & Over Sessions contestants may not swim in more than 2 events on Saturday.**

**Relays:**

Teams may enter two (2) relays per event. Due to the limited space, relays are only swum in the 9-10 sessions.

**Warning:**

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

**Inclusion Policy for Swimmers with a Disability:**

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

**Entries/Fees:**

Email entries are preferred. See email address below. Include the entry file from Team Manager, as well as a report by Swimmer and a report by Event.

Teams entering by mail, please send two computer disks (Hy-Tek).

Include one meet entry report by swimmer and one report by event.

Fees for individual events are \$6.00; relay events are \$10.00.

Each club is requested to remit one check to cover the entry fees for the entire team.

**Optional:**

Before preparing your entries, events for this meet can be downloaded and then imported into Team Manager (download zipfile), unzip it and then go to team manager/file/import/meet events). To download as a file, you may need in Netscape to right click on the mouse and select "Save Link As" and with Microsoft Explorer right click on the mouse and select "Save Target As".

**Entry Deadline:**

- ***All entries must be received no later than 5:00 PM, Monday, November 3rd. Each session will be limited to 600 swimmers. Entries will be accepted on a first come first serve basis.*** The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.

**Important:**

The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.

**Submit Meet Entry Fee Payments to:**

SDS – Swim and Rock 2008  
P.O. Box 650070  
Sterling, VA 20165

**Email Meet Entries to:**

Email: Rob\_Green@cathedral.org

Meet Directors are requested to acknowledge receipt by return email within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by calling: (202) 537-6462.

**Competition Rules:**

Current USA Swimming rules shall govern the meet.

**For 11-12 Age Group**

A Final - Top eight (8) qualifiers from prelims swim in finals.

**For 13-14 & 15-18 Age Group**

- A & B Finals - Top sixteen (16) qualifiers from prelims swim in finals session. Order of Finals is B, A.

**Exceptions:**

The 11-12,13-14 and 15-18 500 Free and 14 and Under and 15-18 400 IM will swim as follows: All entrants in the 500 Free and the 400 IM will swim in Prelims in the appropriate session. Top eight (8) qualifiers in each age group will advance to the A Finals.

- The 11-12 500 Free will swim as Timed Finals in the Friday Prelims Session.
- Scoring will be through Top 16 for the 500 Free and the 400 IM.
- There will be a 10 Minute Break prior to the 9-10 500 Free on Sunday.

**Dive-Over Starts:**

The Meet Manager has determined that Dive-Over Starts will be used at all morning preliminary and afternoon timed final sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

**Withdrawing from Finals:**

PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet, unless excused by the Referee.

**PVS Positive Check-in Policy:**

Athletes who have not been checked-in prior to the specified time will be scratched from the event. Athletes who have been checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

**Positive Check-in:**

All events 200 and up will be positive check-in. Positive check-in times may be adjusted.

**Friday**

- Events # 9, 10, 11, 12 – 7:30AM
- Events # 13, 14, 15, 16, 17, 18 – 8:15AM
- Events # 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30 – 8:30AM
- Events: 27, 28, 29 & 30 will swim fastest to slowest in Prelims session.

**Saturday**

- Events # 33, 34, 35, 36 – 7:30AM
- Events # 43, 44, 45, 46, 47, 48 – 8:00AM
- Events # 103, 104 – 1:15PM

**Sunday**

- Events # 57, 58, 59, 60, 61, 62 – 7:30AM
- Events # 77, 78 – 8:15AM
- Events: 77 and 78 will swim fastest to slowest in Prelims session.
- Events # 117, 118 – 1:15PM
- Events # 127, 128 – 1:45PM

**Awards:**

All swimmers entered in an individual event will receive a swim cap.

**Individual Events:**

Medals 1<sup>st</sup> through 8<sup>th</sup> place and ribbons 9<sup>th</sup> through 16<sup>th</sup> place.

**Relays (9-10 Sessions Only):**

Ribbons 1<sup>st</sup> through 8<sup>th</sup> place for relays.

**Scoring:**

Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Friday 11-12, 13-14 & Seniors Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
1	11-12 50 Breast	2
3	13-14 100 Fly	4
5	15-18 100 Fly	6
7	11-12 100 Fly	8
9*	13-14 200 Breast	10*
11*	15-18 200 Breast	12*
13*	11-12 200 Breast	14*
15*	13-14 200 Free	16*
17*	15-18 200 Free	18*
19*	11-12 200 Free	20*
21*	13-14 200 IM	22*
23*	15-18 200 IM	24*
25	11-12 200 IM	26
27*%\$	13-14 500 Free	28*%\$
29*@ \$	11-12 500 Free	30*@ \$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timers during Prelims & Finals Sessions. @ - Timed Finals swum fastest to slowest in Prelims Session. % - Swum fastest to slowest in Prelims Session. Top 8 finishers in Prelims swim Finals Session.		

Saturday 11-12, 13-14 & Seniors Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
31	11-12 100 IM	32
33*%	14 & U 400 IM	34*%
35*%	15-18 400 IM	36*%
37	11-12 50 Free	38
39	13-14 50 Free	40
41	15-18 50 Free	42
43*	11-12 200 Fly	44*
45*	13-14 200 Fly	46*
47*	15-18 200 Fly	48*
49	11-12 100 Back	50
51	13-14 100 Back	52
53	15-18 100 Back	54
% - Top 8 finishers from Prelims will swim in the Finals Session. * - Positive Check-In event, see Meet Announcement for closing time.		

<b>Saturday 9-10 Timed Finals Session</b>		
<b>Girls and Boys on separate courses</b>		
<b>Timed Finals Warm-up: 1:15 - 1:50 PM Events: 2:00 PM</b>		
Girls Event #	Event	Boys Event #
101	9-10 200 Medley Relay	102
103*	9-10 200 Free	104*
105	9-10 100 Breast	106
107	9-10 50 Back	108
109	9-10 100 Fly	110
111	9-10 50 Free	112
113	9-10 100 IM	114
* - Positive Check-In event, see Meet Announcement for closing time.		

<b>Sunday 11-12, 13-14 &amp; Seniors Session</b>		
<b>Girls and Boys Prelims on separate courses, Finals on One course</b>		
<b>Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM</b>		
<b>Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM</b>		
Girls Event #	Event	Boys Event #
55	11-12 50 Fly	56
57*	11-12 200 Back	58*
59*	15-18 200 Back	60*
61*	13-14 200 Back	62*
63	11-12 100 Free	64
65	15-18 100 Free	66
67	13-14 100 Free	68
69	11-12 100 Breast	70
71	15-18 100 Breast	72
73	13-14 100 Breast	74
75	11-12 50 Back	76
77*%\$	15-18 500 Free	78*%\$
* - Positive Check-In event, see Meet Announcement for closing time.		
\$ - Swimmers must provide their own timers during Prelims and Finals Sessions.		
% - Swum fastest to slowest in Prelims Session. Top 8 finishers in Prelims swim Finals Session.		

<b>Sunday 9-10 Timed Finals Session</b>		
<b>Girls and Boys on separate courses</b>		
<b>Timed Finals Warm-up: 1:15 - 1:50 PM Events: 2:00 PM</b>		
Girls Event #	Event	Boys Event #
115	9-10 200 Free Relay	116
117*	9-10 200 IM	118*
119	9-10 50 Breast	120
121	9-10 100 Free	122
123	9-10 50 Fly	124
125	9-10 100 Back	126
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
127*@\$	9-10 500 Free	128*@\$
* - Positive Check-In event, see Meet Announcement for closing time.		
@ - Timed Finals swum fastest to slowest.		
\$ - Swimmers must provide their own timers during Timed Finals.		